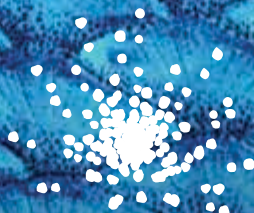


honest goodness

feel good, whole food, made fresh

MENU 2018/19



ADELAIDE
CONVENTION
CENTRE

Developed in collaboration with
the South Australian Health and Medical Research Institute (SAHMRI),
University of Adelaide and CSIRO, Health and Biosecurity



morning & afternoon tea

refreshment break

per break \$6.50 per person / all day \$16 per person

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

enhance

price per person, per break

Expand your break with the below add-on options

Assorted biscotti **\$3**

Fresh whole fruit bowl **\$3**

Assorted biscuit selection **\$3**

Large house-made cookies **\$3.50**

custom break

\$11 per person
one sweet **OR** savoury item

\$14 per person
two sweet **OR** savoury items

\$16 per person
three sweet **OR** savoury items

\$18 per person
four sweet **OR** savoury items

additional items \$4 per person

*Price per item for additional sweet **OR** savoury items*

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Fruit-infused waters

House-made iced tea

Sweet Items

Seasonal diced fruit with berry yoghurt **V GF**

Assorted muffins **V**

Blueberry and coconut wholemeal muffins **V**

Orange and cardamom cake **V GF**

Traditional scones with compote and cream **V**

Lemon friands **V GF**

Banana bread with lemon ricotta **V GF**

Raspberry chocolate brownie **V**

Mini lemon meringue tarts **V**

Lemon and blueberry tarts **V**

Profiteroles with freeze-dried raspberries **V**

Paris-Brest with vanilla cream and strawberries **V**

Macadamia, chia and fruit slice **V GF**

Mixed berry and almond tarts **V**

Mini lemon polenta cake **V GF**

Fruit brochette, berry coulis **V GF**

Dried fruit and nut shooter **V GF**

Protein balls **V**

custom break (continued)

Savoury Items

Heirloom tomato and Cheddar croissant **V**

Tomato and feta Danish with balsamic glaze **V**

Chargrilled vegetable, hummus and rocket wraps **V**

Chicken finger sandwiches on wholemeal bread

Vegetable crudités with hummus **V GF**

Selection of nori sushi rolls with wasabi and ginger

Open-faced bagel with rare roast beef and horseradish crème fraîche

Tandoori chicken filo with minted yoghurt

Broccoli and brie mini quiche **V**

Capsicum and egg tarts **V**

House-made gourmet beef pie

Vegetarian quiche **V**

Lamb and feta sausage rolls

Caramelised onion, goat cheese and walnut rye fingers **V**

premium selections

price per person, per break

*Make your break all the more special
with the addition of our premium items*

Gelista ice cream tubs **V GF \$5.50**

Vanilla bean –

Blood orange and dark chocolate–

Mini stick ice creams **V \$5.50**

Vanilla ice cream with milk chocolate –

Chocolate ice cream with 70% cocoa dark chocolate –

Strawberry ice cream with white chocolate –

premium selections (continued)

price per person, per break

Fresh juice station **V GF \$7**

Freshly squeezed seasonal juices made to order.

Choose three from:

– Carrot

– Watermelon

– Pineapple

– Apple

– Celery

– Beetroot

– Ginger

Smoothie station **\$7**

– Dr Green Thumb: spinach, kale, cucumber, lemon, mint, pineapple, banana **V GF**

– Day Starter: banana, oats, honey, yoghurt **V**

– Berry Nice: strawberries, raspberries, blueberries, apple juice **V GF**